

Every guy has questions when it comes to sex and health.

- Where can I get condoms at no cost?
- Where can I find out about birth control?
- Where can I get checked and treated for STIs (sexually transmitted infections)?
- Where can I find out more about keeping healthy?

The **Family PACT** program offers these services. It funds clinics and doctor's offices to give reproductive health care. Eligible men and women can get the care they need and want.

Take charge of your health. Go to a Family PACT provider.

Call **1-800-942-1054** to find a Family PACT provider near you.

CONDOMS

If you're having sex,
use a condom every time.

You can find condoms many places.

- Drug stores
- Supermarkets
- Liquor stores
- Corner markets
- Truck stops
- Gas stations



You can get condoms **AT NO COST** from your local
Family PACT provider. Find out if you qualify.

You can also get condoms from your local:

- Public Health Department
- Family Planning Clinic
- Community Clinic

Call **1-800-942-1054** to find a Family PACT provider near you.

Use a new condom the right way EVERY TIME you have sex.

Put on the condom before your penis even touches your partner.



Here's what you do:

- Put the condom on when your penis is erect. Put a drop of water-based lubricant like K-Y Gel®, AquaLube® or AstroGlide® inside the condom. That will help it feel sexier.
- Hold the tip and roll all the way down.
- After you ejaculate (cum), pull out while your penis is still hard. Hold onto the base of the condom, so sperm does not spill out.
- Throw the condom away. Do not reuse the condom.



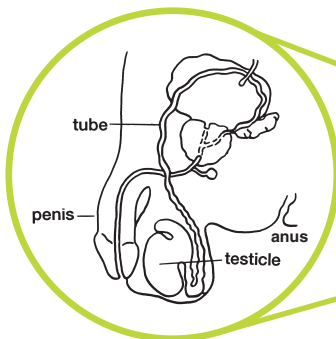
Take care of your condoms:

- Don't use lotion, Vaseline, or oil-based products with condoms. They can cause condoms to break. Use water-based gels like K-Y Gel®, AquaLube® or AstroGlide®.
- Don't use old condoms. Check the expiration date.
- Heat ruins condoms. Keep your condoms in a cool place.

USE CONDOMS TO PREVENT UNPLANNED PREGNANCY.

Here's how a woman gets pregnant:

- Sperm is made in your testicles.
- When you have sex, the sperm move from your testicles through your tubes and out your penis.
- When you ejaculate in or around a woman's vagina, sperm move through her vagina into her uterus and tubes.
- If there's an egg in her tubes or if one gets there soon, she could get pregnant.



If you're not ready to be a father right now, here's what you can do:

- Use a condom every time you have sex.
- Go with your partner to a Family PACT provider.
- Learn about the birth control methods she can use – like the pill, diaphragm, spermicides, or the shot.
- Decide together what would work best for both of you.

Find out about emergency contraception (EC).

Your partner may need it if:

- You had sex with no birth control method.
 - Your condom breaks.
 - The birth control method your partner was using didn't work.
- Your partner must use it within 72 hours (3 days) after you had sex. She can get EC from any Family PACT provider.

Call **1-888-NOT-2-LATE** to find out more about it.

If you don't want any children in the future:

- Think about getting a vasectomy (sterilization).
- Your sex life will stay the same.
- There will be no sperm in your semen (cum).
- Ask your Family PACT provider about it.

Find out all about birth control and what you and your partner can do.

Call **1-800-942-1054** to find a Family PACT provider near you.

USE CONDOMS TO PREVENT INFECTION!

Infections you can get from having sex are called **STIs** (sexually transmitted infections). You can get an STI by having sex with someone who has a sexually transmitted infection. You should know that:

- You can't tell if someone has an STI by looking at them.
- You can have an STI and not know it.

It's a good idea to get checked.

You should get checked for STIs:

- If you have had sex without a condom.
- If you have sex with more than one person.
- If you have any of the signs of STIs.

Go to a Family PACT provider to get checked for STIs.

- If you qualify, you can get no-cost care.
- Get the help you need with no hassles.
- Don't worry about anyone else finding out. It's confidential.

Call **1-800-942-1054** to find a Family PACT provider near you.



HOW DO YOU KNOW IF YOU HAVE AN STI?

Many STIs don't have any signs at all. But here are some signs you should know about:

- Your penis may drip a white, yellow, or red discharge.
- It may hurt to urinate.
- There may be bumps or sores around your penis, testicles, or anus. These bumps may or may not hurt.

These signs may mean you have an STI. Get checked and treated right away. The sooner you get treated, the better.

You should know that:

- You could have an STI and have no signs of it at all.
- The signs of an STI can come and go, but the infection can stay in your body.
- If you don't get checked and treated, it can get worse.

If you don't get checked and treated:

- You could give an STI to someone else. This can happen even when you don't know you have it.
- You could pass an STI to your unborn baby, if your partner gets pregnant.
- Having one STI can make it easier for you to get another STI, even HIV/AIDS.
- STIs can make you sterile or may even kill you.

USE CONDOMS TO PREVENT HIV.

HIV is the virus that causes AIDS. It is spread by having sex without a condom, or by sharing needles. HIV is one of the STIs that can kill you.

Anyone can get HIV. It doesn't matter if you're gay or straight. It doesn't matter what kind of sex you have – with the penis, vagina, mouth, or anus. You can still get infected with HIV or other STIs – unless you are protected.

You can protect yourself and your partner.

Here are ways to lower your chances of getting HIV:

- Don't have sex of any kind.
- Use a condom the right way every time you have sex.
- Don't share needles.
- Get treated for STIs.



Get tested for HIV.

- It's simple, quick, easy, and confidential.
- It can be done at no cost by a Family PACT provider.

Call **1-800-942-1054** to find a Family PACT provider, or call **1-800-307-AIDS** to find out where you can go.

KEEP YOUR TESTICLES HEALTHY.

You may not know that cancer of the testicles is most common in young men 15 to 34 years of age. Cancer of the testicles can cause sterility (you wouldn't be able to father a baby) or even death.

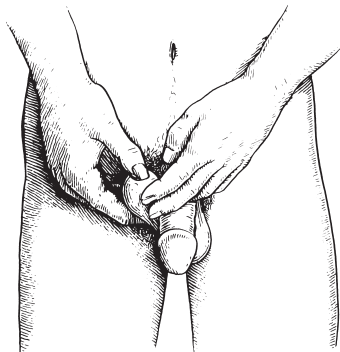
The good news is you can protect yourself. If you find it early and get it treated, it can be cured. Check your own testicles once every month. You should start checking your testicles when you're 15 years old.

A Family PACT provider can teach you how to check your testicles. Checking your testicles only takes a few minutes. It's easy to do.



Here's how:

The best time to check yourself is in the shower or after a warm bath. When your skin is soapy, you can feel the testicles easier.



- Hold your testicles in one hand.
- Feel each testicle with your other hand.
- Roll each testicle between your thumb and fingers. You'll feel a smooth tube that covers the front, back, and bottom of each testicle.
- Gently hold this tube away from your testicle with your finger and check the testicle itself.
- Feel for any swelling or lumps.
- If you find swelling or lumps, see your doctor right away.

**Find a Family PACT provider near you.
Call 1-800-942-1054.**

**Find out more about Emergency
Contraception.
Call 1-888-NOT-2-LATE.**

Find out more about STIs and HIV.

- The STI Hotline: **1-800-227-8922**
- The HIV Hotline: **1-800-342-2437**
- Anonymous HIV testing: **1-800-307-AIDS**



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